

**For your  
information:**

- The City of Knoxville Dynamic Recreation Programs operate on a drop-in basis only. Programs offered are **not** intended to function as a day-care or sitting service.
- Because programs offered are not part of a day care or sitting service, participants are able to leave on their own without a parent or guardian.
- When a participant willingly chooses to leave the community center facility, he or she is no longer considered a participant in the program and will not be supervised by staff.
- One on one care (such as personal hygiene) is not provided but personal assistants or aids are more than welcome to assist & participate.
- These programs are **not** recommended for participants who lack the discipline and/or ability to stay with the group and/or their assigned staff for the duration of the program.



**CITY OF KNOXVILLE**  
PARKS AND RECREATION

***City of Knoxville  
Dynamic Recreation Program***

**The City of Knoxville Dynamic Recreation Program aims to provide leisure and recreation opportunities for adults with physical and developmental disabilities within the Greater Knoxville Community. Through our programs, education and advocacy, individuals can build confidence, improve physical and cognitive abilities, expand support and social networks and enhance overall quality of life.**

Inskip Recreation Center  
301 W. Inskip Road  
Knoxville, TN 37912

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**Fall  
2016**

***Dynamic  
Recreation  
Programs***

***City of Knoxville  
Parks and  
Recreation  
Department***



## ***Fall Programs***

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### **Gym Games and Board Games**

A rotation of activities that will include beach ball volleyball, kickball, dodge ball, basketball, and more! Cost: Free  
*Mondays 10am-11am and 1pm-2pm*

### **Cooking**

A basic cooking class aimed at making healthy recipes. Cost \$5  
*Tuesdays 930am-11am*

### **Arts and Crafts**

Join us for a different craft each week!  
Cost: \$5  
*Tuesdays 1pm-2pm*

### **Life-sized Foosball**

Played like foosball (also known as table soccer), this game is a less strenuous form of soccer that almost anyone can play. Cost: Free  
*Wednesdays 10am-11:00am*

### **Bocce Ball**

A traditional Italian lawn game. Cost: Free  
*Wednesdays 12pm-2pm*

### **Chair Yoga**

A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.  
Cost: Free  
*Thursday 1:15pm-2:00pm*

### **Bocce Ball at Adair Park**

A traditional Italian lawn game. Cost: Free  
*Thursdays 11am-1245pm*

### **Disc Golf at Adair Park**

Disc golf, also known as Frisbee golf, is a flying disc game as well as a precision and accuracy sport, in which individual players throw a Flying disc at a target. Cost: Free  
*Thursdays 11am-1245pm*

### **Greenway Walking Group at Adair park**

We explore the Adair Park City Greenway each week! Come to get some light exercise and meet some new people.  
Cost: Free  
*Thursdays 10am-11am*

### **Flag Football Skills**

An inclusive and non-contact version of one of most popular games in the country! We will begin with skills training and then progress to play 5 on 5 on a modified field. The program rules are based on the Official Special Olympic rule book. All skills levels are welcomed to play. Cost: Free

### **Power Soccer**

The first sport specifically designed for persons who use power wheel chairs! You will learn first hand how the game is played through drills and practice scrimmage during our open gym style sessions. You'll get the chance to really experience power soccer through the power of your own wheelchair as you will be fitted with a foot guard. Cost: Free

*Mondays at Brickey McCloud Elementary School.  
6pm-8pm*

**To register for Dynamic Recreation programs or to obtain more information about inclusive opportunities in your area, please contact:**

**Daniel Alexander  
865-687-6321**

**or**

**[dalexander@knoxvilletn.gov](mailto:dalexander@knoxvilletn.gov)**